

DECEMBER 2014

Red Cliff Health Center Newsletter



The Hell-diver and the Spirit of Winter

Every winter, the birds fly south. One winter, a hell-diver (also called a grebe) told all of the other birds that he would stay for the winter to take care of two of his friends who had been injured and couldn't fly south. Both of his friends, a whooping crane and mallard duck, had broken wings. To feed them, he got fish by dividing through a hole in the ice. But the Spirit of Winter got jealous of his success at fishing and froze the water after the hell-diver had dived through his hole below the ice. But the hell-diver swam to shore where there were a lot of reeds and bulrushes. He pulled one of them down through the ice with his bill to make a hole in the ice and so he got out and flew home.

When he got home, he saw that someone was peeking in the door of his wigwam. It was the Spirit of Winter, who did not like him and who was trying to freeze him out. The hell-diver got a big fire going, but it was still cold in the wigwam because the Spirit of Winter was right there making it cold. But the hell-diver tricked the Spirit of Winter by mopping his face with a handkerchief and says, "Gee, but its hot in here!" The Spirit of Winter thought the fire was hot enough to melt him, so he ran away.

One day the hell-diver decided to have a feast. He got some wild rice and sent a duck to invite the Spirit of Winter, but it was so cold that the duck froze to death before he got there. Then he sent Partridge with the invitation. She got very cold too, but she dove under the snow to warm up and then went on again. She reached the Spirit of Winter and invited him to the hell-diver's feast.

When the Spirit of Winter came to the feast, it was like a blizzard coming in the door of the wigwam. He had icicles on his nose and face. Hell-diver built the fire higher and higher, and it began to get warm inside the wigwam. The icicles began to melt on the Spirit of Winter's face. He was getting awfully warm, but he like the wild rice that hell-diver had at his feast and wanted to keep eating. Hell-diver said, "Whew! It's very wam in here. It must be spring already." The Spirit of Winter got scared and grabbed his blanket and ran out of the wigwam. With his fire, Hell-diver had brought the spring and outside, things were already melting and there were just patches of snow here and there. The Spirit of Winter had a hard time getting back to his home in the north, where there is always snow.

**There are still Flu Shots available for both
Adults and Children!!!
For more information contact:
Karen Munter @ 779-3707 ext. 2274**





THRIVING DURING THE HOLIDAYS

7 HOLIDAY TIPS

Want to enjoy the holidays and the food and still stay healthy? Planning ahead is important, especially if you have diabetes. The seven tips below can help guide you through your next holiday event:

1.

Focus on friends and family instead of food. Remember, the holidays are a time to slow down and catch up with your loved ones. Play games, volunteer, or spend time outdoors enjoying the weather together.

2. It's a party, but don't overdo it. Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist going back for second helpings.

3. Eat before you eat. Don't skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast later on. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive somewhere hungry, you will be more likely to overeat.

4. Bring what you like. Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish. If you count carbs, check your recipe's nutrition facts so you know how big a serving is and how many carbs it has.

5. Drink in moderation. If you drink alcohol, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of wine or a beer, holiday drinks can add a significant amount of calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men.

6. Stay active. One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!

7. If you overindulge, get back on track. If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.



PLANNING AHEAD

The most important thing about managing diabetes during the holiday season is to plan ahead. Below are a few things to consider:

Schedules Schedule time for physical activity on most days this holiday season, talk to your health care team ahead of time if you need to make adjustments in your medication or insulin. Because of the timing of holiday meals or travel. Manage holiday stress by sorting out your plans in advance.

Meals Planning ahead can help. There are plenty of ways to lower the amount of fat, sugar, and carbohydrate in your favorite foods while still keeping the taste and texture you love. If your family looks forward to your famous holiday fudge every year—go ahead and make it, but first talk to your diabetes educator or dietician about how to work it into your meal plan. It may mean eating less of other treats, getting more exercise, increasing insulin doses, or a combination of all three.

The Importance of Portion Size. Avoid holiday weight gain by watching portion sizes. During the holiday season, when gatherings and even shopping trips are often centered on food, weight gain may seem unavoidable. But watching portion sizes can help prevent those extra pounds.

TIPS FOR FENDING OFF HOLIDAY STRESS

The holidays can be a very busy and stressful time of year. When stress builds up, it causes the release of "fight or flight" hormones. These hormones then cause an increase in blood glucose. Here are some tips to decrease holiday stress:

Try to simplify this holiday season. Avoid taking on extra duties or extra cooking for holiday events. Focus on spending time with people and less on the other holiday hype around gifts and food.

Stay organized and do things ahead of time. Plan diabetes-friendly meals in advance. Make a plan so you know how to deal with the pressure of indulging in holiday food. Try to get a head start on your shopping and plan time for physical activity.

Use food to your advantage. It is easy to get caught up in choosing foods for the purpose of managing blood glucose levels. But managing blood glucose and eating healthy, nutrient-rich foods should go hand-in-hand. Don't sacrifice good nutrition during this busy time. Eating healthy and sticking to your meal plan will keep your immune system strong. Adequate rest and regular exercise can also help regulate blood glucose and strengthen your immune system.



ENJOYING CHRISTMAS

Christmas can be a time of great anxiety for people with diabetes because it is so focused on food. Don't let questions about what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fully enjoy the day and keep your diabetes management on track.

Think about the timing of your meal. Many families eat large meals at odd times on holidays. Plan in advance for how you will handle making changes if your meal does not line up with your regular meal schedule.

If you take insulin injections or a pill that lowers blood glucose, you may need to have a snack at your normal meal time to prevent a low blood glucose reaction. Check with your health care team about this.

Be physically active! The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves moving around away from the food.

Have foods to nibble on while you are cooking or waiting to eat. Make sure the foods you choose won't sabotage blood glucose levels before the meal. Bring a platter of raw or blanched veggies with your favorite low-calorie dip or have a few small pieces of low-fat cheese. Don't indulge on high-calorie or fried appetizers.

Make selective food choices. Many traditional Christmas foods are high in carbohydrates. Don't feel like you have to sample everything on the table. Have a reason-

able portion of your favorites and pass on the rest. If you really want to try everything, make your portions smaller.

Eat smaller portions. Because high carbohydrate foods are plentiful at most Christmas feasts, watch your portion sizes. If you can't decide on one or two carbohydrate foods to eat, take very small portions or "samples" of several dishes.

Overall, try to keep your total carbohydrate intake like a regular day.

Eat your vegetables. Vegetables are important for everyone! Unfortunately, the vegetable selection on holiday menus is usually limited. We all want to dress up the table with tempting treats. Why not add some colorful vegetable dishes?

Veggies come in all colors and are very nutritious. Offer to bring a green salad or a side of steamed veggies that have been seasoned. Non-starchy veggies are low in carbs and calories. They will help fill you up and keep you from over eating other high-calorie and high-fat foods on the table.



SELECTING HOLIDAY FRUITS AND VEGETABLES

Use your senses Buy vegetables and fruits that are uniform in color. Avoid buying produce with bruises or discolored areas. Thumping or shaking produce will not indicate ripeness. Instead, experts suggest feeling the product. Avoid produce that is mushy, has soft spots, or has abnormal shriveled areas.

Smell it to be sure there is no sign of mildew or mold. Sniff fruits to determine freshness. A strong scent means the fruit is ripening nicely.

The deeper the color, the more nutritious your vegetable or fruit is.

Shop Seasonally. A good tip for finding great-tasting produce is to buy it when it is in season. Although it depends what region you live in, winter produce usually includes:

Cabbage, collard greens, kale, carrots, citrus fruits, leeks, onions, pears, rutabagas, sweet potatoes, turnips and winter squash.

Obstructive Sleep Apnea

Gabrielle L. Gordon



“Apnea” is a Greek word that means to be “without breath” during sleep. The disorder of obstructive sleep apnea (OSA) is marked by a person having continuous pauses in their breathing as they sleep. With this condition a person’s airway becomes blocked, or the muscles responsible for controlling breathing stop moving as they should. Either way, a person’s breathing momentarily stops and then resumes again with a choking-like gasp. In the worst cases of the disorder, this experience can happen up to a hundred times every night.

OSA occurs when a person’s upper airway fully or partially collapses on itself or becomes blocked while the individual is sleeping. Despite respiratory effort, airflow continues to be disrupted as the airway attempts to access a fresh air supply. The effort of trying to breathe without a steady airflow often results in a person snoring loudly. However, it should be noted that not everyone who snores in their sleep has sleep apnea. Apneic episodes as resulting from a person not being able to get an acceptable amount of sleep at night, can leave that individual to be weak and suffering from a feeling of exhaustion the following day.

The risk factors and symptoms of OSA are known to be similar to those of other diseases and disorders; many of which happen to exist side by side with OSA or act as one of its detrimental effects. OSA’s prevalence can be compared to that of commonly known conditions like that of asthma or diabetes. The risk of OSA is increased twofold to fourfold for patients with a family history of the disorder. Subgroups such as those that are overweight or obese, elderly people and those with ethnic backgrounds are the individuals who are the ones most likely to go on and develop the disorder. Subjective symptoms of OSA can vary with having: nocturia (the occurrence of this activity is thought to relate to atrial changes that happen when a person’s respiratory cycle is disrupted), occurrence of excessive nighttime sweating, dominantly breathing through the mouth, nasal congestion, headaches during the morning, body aches, decreased sex drive, erectile dysfunction, anxiety, cognitive impairment, poor concentration ability, and GERD (Gastroesophageal Reflux Disease). Examination for OSA may typically find individuals with the following features: a large neck circumference, a narrow spaced upper airway, or dental overcrowding in the person’s mouth.

No laboratory test can be fully relied on to answer whether an individual has OSA or not. The same goes for filling out questionnaires, since most contain a complicated scoring system and not all of them have been validated according to standards usually seen in hospital settings. The most suitable and reliable one out of the number of questionnaires is the STOP-BANG questionnaire.



The questionnaire can be self-administered and it is made up of eight questions that are yes/no based. The first four questions address issues concerning Snoring, Tiredness, Observed apnea, and high blood Pressure; they make up the STOP portion of the questionnaire. The BANG portion meanwhile is represented by questions that explore BMI, Age, Neck, and Gender. When a person is done going through the questionnaire, if they come up with results where they answered “yes” to either three or more of the questions, then there is a high risk that they’ll develop OSA if they don’t already have it. In turn, if the individual answers less than three of the questions with the answer “yes” then the chances of them getting OSA is low.

Below try the **STOP-BANG** questionnaire and see whether your risk for OSA is high or low:

Snoring

Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?

Tired

Do you often feel tired, fatigued, or sleepy during daytime?

Observed

Has anyone observed you stop breathing during your sleep?

Pressure

Do you have or are you being treated for high blood pressure?

BMI (Body Mass Index)

BMI more than 35 kg/m²?

Age

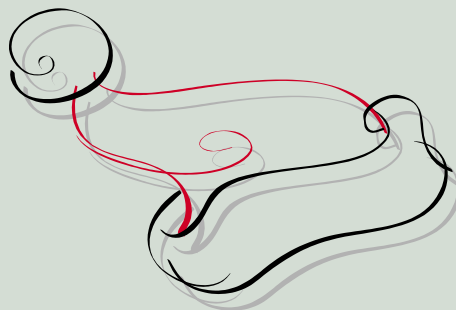
Age over 50 years old?

Neck Size

Neck circumference greater than 40 cm?

Gender

Male?



December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	1 Optical 1-4 WIC Pick-up (All Day) MIHH Group (Adult)	2 WIC Pick-up (All Day) Transport	3 WIC Certifica- tion (All Day) Optical 1-4	4 Transport	5 WIC Certification (All Day)	6 KIDS CHRISTMAS 12-3 @ Legendary
7	8 WIC Pick-up (All Day) Optical 1-4	9 WIC Pick up (All Day) Transport	10 Optical 1-4	11 Transport	12	13
14	15 Optical 1-4 MIHH Group (Youth) 4-5:30	16 Transport	17 WIC Certifica- tion (AM ONLY) Optical 1-4	18 Transport	19	20
21	22 Optical 1-4	23	24 CLOSED Happy Christmas Eve 	25 CLOSED Merry Christmas 	26	27
28 	29 Optical 1-4	30	31 Optical 1-4 	WIC Pick up days for January 2015 will be: Monday and Tuesday, January 5th & 6th Monday and Tuesday, January 12th & 13th		



Janelle Elza and Pauline Grooms both received Indian Health Service Directors Award on November 6, 2014 in Bethesda Maryland by Dr. Yvette Roubideaux, Acting Director, Indian Health Services.

Janelle Elza's award:

"Commitment to Improving the Quality Care and Health Outcomes for the Red Cliff Community Health Center"

Pauline Grooms award:

"Outstanding Leadership and tireless efforts in supporting the Red Cliff Community Health Center"

CONGRATULATIONS TO THE BOTH OF YOU

Red Cliff Family Violence
Prevention Program
88385 Pike Road
(Former Administration Building)



Women's Empowerment Group
Every Wednesday from
5pm -7pm
At the former Tribal Administration
Building
Please join us for our weekly activities!
For information:
Lorna, Sue, or Nancy at
715 779-3706

December 3—

Food and Prayer
Wreath Making
Open Discussion

December 10—

Food and Prayer
Nutrition Teaching
Talking Circle

December 31—

Food and Prayer
Mask Making
Healing

NOTE: December 24 CLOSED

DONATIONS NEEDED!

Donations of:
Gently Used or New Christmas Items;
Fresh Baked Goods;
New Unwanted, Unused Gifts or Raffle Items
Themed Filled Baskets for Raffles
(Call for other donation ideas!)

The Red Cliff Community Health Center will be sponsoring a
Mini Christmas Bazaar
on
Friday, December 12, 2014
To Benefit the Red Cliff Food Shelf

Donation Drop-Off Site
36745 Aiken Road
Bayfield, Wisconsin 54814

For more information please call Renee or Mardella at the Red Cliff Community Health Center at 715-779-3707 for more information!

Please bring a non-perishable food item for the Food Shelf during your next visit to the clinic!





GRINCH PUNCH

Total Time: Prep: 20 min. +

INGREDIENTS

- 1/3 cup sugar
- 6 tablespoons plus 1-1/2 teaspoons water
- 1/3 cup evaporated milk
- 1/2 teaspoon McCormick® Pure Almond Extract
- 12 drops neon green food coloring
- 1 bottle (2 liters) lemon-lime soda, chilled
- 2 pints vanilla ice cream

DIRECTIONS

In a large saucepan, combine sugar and water. Cook and stir over medium heat until sugar is dissolved; remove from the heat. Stir in milk and extract. Transfer to a bowl; cool to room temperature. Cover and refrigerate until chilled. Just before serving, transfer milk mixture to a punch bowl. Stir in the food coloring and soda. Top with scoops of ice cream. Yield: 4 quarts.

NUTRITIONAL FACTS

1 cup equals 142 calories, 4 g fat (2 g saturated fat), 16 mg cholesterol, 46 mg sodium, 26 g carbohydrate, 0 fiber, 1 g protein.

Apple Kugel

- 4 to 5 granny smith apples
- 3 eggs
- 1 tsp vanilla
- 3/4 c. sugar
- 1 c flour
- 1 tsp baking powder
- 1 c oil

Cinnamon and sugar

Peel and slice apples; sprinkle with cinnamon and sugar. Beat eggs, vanilla, and sugar. Add 1 teaspoon baking powder and the flour and mix well. It will thicken. Add the oil last and mix thoroughly. Place sliced apples in 9x9 inch pan, cover with mixture. Bake at 350 for 1 hour or until Brown.

A moment will arise while stir-
ring
The Kugel.....
you will smile....
it will be
like catching
a
shooting star.....



The St. Francis Church

is having a

Winter Clothing GIVE-AWAY

for the whole family

in the Church's basement on

Saturday, December 6th

1:00 - 3:00 pm

& again on

Sunday, December 7th

after Mass until 10:30 am

HOPE TO SEE YOU THERE



THE ROBIN (Opichi)

A traditional Anishinabeg Teaching about the love of a father and his son.

The story was told by Dee Bainbridge, who was the last first language speaker of the Red Cliff Band of Lake Superior Chippewa and illustrated by Rita Vanderventer also Member of the Red Cliff Band of Lake Superior Chippewa. The text was edited by Eva Petoskey a member of the Grand Traverse Band of Ottawa and Chippewa.

If you would like to purchase *The Robin*, please send a check or money order in the amount of \$25.00 (this includes shipping) payable to:

Red Cliff Tribe, 88385 Pike Road, Bayfield, WI 54814

Attention: Julie Gordon

You can also purchase at the Tribal Administration Office for \$20.00.

Any questions, please contact the Tribal Administration at

715-779-3700

"Maoomin wanted his son, Opichi, to become a great warrior, he made him work hard to be the best at everything" "Opichi worked hard to please his father. In his heart Opichi knew that he would never be the great warrior his father wanted him to be....in the spring of the sixth year, Manoomin took Opichi for the sixth time to seek ision...Manoomin called out but there was no reply...as he walked home he wept for his lost son."



Optical Days and times

Red Cliff Community Health Center

Days: Mondays and Wednesdays

Times: 1:00–4:00pm

For more information contact

Angie Emrich

at 715-779-3707 ext. 2250

Cucumber Yogurt Salad

- 2 cups yogurt
- 1 cup cold water
- 3 ice cubes
- 2 small or 1 large cucumber, peeled and diced
- 1 small onion or other white part of scallions, diced
- 1/4 cup white raisins
- 1/4 cup walnuts
- 1 tbsp. crushed, dried or 3 tablespoons fresh mint

Combine everything. If possible let sit overnight.
(Of course, I add more raisins and walnuts)

The clinic staff would like to wish
everyone a safe and happy holiday
season



Community Notice

Tribal Chairwoman and Vice Chairman will be having after hour sessions with community members to hear your concerns, ideas or issues you may want to discuss.

The sessions will begin on November 25th and December 17th from 4:30—6:30pm at the Tribal Administration Building.

If you would like to schedule a time to meet with Rose and or Bryan, call:

715-779-3700 ext. 4227 or email:

Jean.gordon@redcliff-nsn.gov

We will also accommodate walk ins. Any questions, please call Jeanne Gordon at 715-779-3700 ext. 4227.

PERSONAL SELF-CARE TIPS FOR THE HOLIDAYS

Between travel, entertaining and family get-togethers, the holidays can be a stressful time for most people. Stress can cause us to overeat, over-indulge in alcohol, and to be grumpy even with our loved-ones. Here are some tips to reduce your stress level and take care of yourself over the next few weeks, and beyond.

- Eat regular, healthy meals
- Engage in a physical activity that you enjoy
- Spend time with those whose company you enjoy
- Get enough sleep
- Say no to extra responsibilities sometimes
- Take time to be alone sometimes
- Make time for prayer, meditation, reflection, inspiration
- Express your gratitude, cherish optimism and hope
- Remember and share memories of loved ones who have passed on
- Play with children and have fun!



Bentleyville Tour of Lights

2014 Hours of Operation

Sunday—Thursday 5:00pm—9:00pm

Friday and Saturday 5:00pm—10:00pm

Saturday, November 22 through Saturday December 27, 2014

If you are in question if Bentleyville will be open due to weather please visit our Home Page for closings due to inclement conditions. The decision to close generally is not made until 3:00pm of the day in question and will be posted clearly on the front page of our website. Keep in mind that weather at Bayfront Festival Park can be extremely different than other areas around the Northland due to its proximity to Lake Superior and the winds can be extremely dangerous.

Bentleyville is free to the public, but donations are welcome and very much appreciated. We are a non profit organization and all donations go directly to the operations and purchases of new light displays. Visitors are encouraged to bring a new or unwrapped toy or non-perishable food item for the Salvation Army as well.

Parking is available directly in front of Bayfront Festival Park, Duluth Entertainment and Convention Center and Great Lakes Aquarium for a charge of \$5.00



The Mission of the Red Cliff Community Health Center is to provide the Highest quality, comprehensive health care in order to promote the health and wellness of the American Indian community. Services are provided to American Indian people and their families, as well as the surrounding communities.

WE BELIEVE that health and wellness services should be provided with professionalism, sensitivity, courtesy, and respect.

WE BELIEVE in advocacy for the improvement of health, wellness, prevention services, and resources.

WE BELIEVE that our efforts should address the physical, emotional, spiritual, environmental, and social foundations for health and wellness, to preserve and strengthen cultural tribal identity, now and for future generations.

WE BELIEVE our role as coordinators of all aspects of health care, in partnership with the community.

Red Cliff Community Health Center

P.O. Box 529
Bayfield, WI 54814

Phone: 715-779-3707

Fax: 715-779-3777



KIDS CHRISTMAS PARTY

Saturday, December 6th

12-3 at Legendary Waters

Kids 0-12 years old will get a gift

Punch and cookies will be served

If you would like to volunteer please contact

Jeanne Gordon or Susie Gurnoe at the

Tribal Administration office at

715-779-3700

